




Proton Pump Inhibitors

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RGHS Inpatient experience




- 2 day observation
 - » 45% taking oral pantoprazole
 - » 9% receiving IV pantoprazole
 - » 15% taking oral H-2 blocker
- Blue Cross of Pittsburgh, PA
 - » Cost to BCBS of inappropriate continuation of PPI therapy during the first 30 days after hospital discharge was **\$3,013,069** over 4 years.




Thomas, L, Culley, EJ, Gladowski, P,
et al. J Manag Care Pharm.
2010;16(2):122-9.

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Complications with Proton Pump Inhibitor Use




- Clostridium *difficile* infection
- Pneumonia
- Drug Interactions
- Fracture Risk



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Medication Reconciliation after Discharge



- GRIPA Care Managers reach out to discharged patients
 - » Essence Medicare Advantage Plan
 - » Lifestri Foods
 - » Paychex
 - » RGHS
- Outpatient office practice
 - » Clarify indication for proton pump inhibitor
 - » Chronic heartburn = recurring for at least two times a week for three months

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	<p>Limit Caffeine.</p> <p>Limit coffee to 2-3 cups per day. Limiting consumption of other caffeine-containing beverages (tea, soft drinks) may also be helpful.</p>		<p>Avoid Tight Clothing</p> <p>Tight belts, tight pants or girdles can increase the pressure on the stomach.</p>
	<p>Avoid Foods That Cause Your Symptoms</p> <p>Foods to avoid are:</p> <ul style="list-style-type: none"> spicy and fatty foods tomato and citrus juices (such as grapefruit and orange juices) chocolate, mints, coffee, tea, cola, and alcoholic drinks. 		<p>Do Not Lie Down for 2 Hours After Eating</p> <p>Allow gravity to work. Also, avoid bending over at the waist to pick up things; instead bend at the knees.</p>
	<p>Stop Smoking</p> <p>If you cannot stop, decreasing the number of cigarettes you smoke may help.</p>		<p>Bed Blocks</p> <p>Elevate the head of your bed 2-6 inches with wood blocks or bricks. Using extra pillows is NOT a good substitute. Use of a foam wedge beneath the upper half of the body is an alternative.</p>
	<p>Maintain Your Ideal Weight</p> <p>Excess weight increases the amount of pressure constantly placed on your stomach. Even</p>		<p>Antacids</p> <p>Antacids can be taken at bedtime and 30-60 minutes after each meal or as directed by your physician.</p>



GRIPA Care Management

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